

SUPPLEMENTAL TABLE 1New 2005 USDA Healthy Eating Index – components and standards for scoring¹

Component	Maximum points	Standard for maximum score	Standard for minimum score of zero
1 Total Fruit (includes 100% juice)	5	≥0.8 cup equiv. per 1,000 kcal ⁶	No Fruit
2 Whole Fruit (not juice)	5	≥0.4 cup equiv. per 1,000 kcal	No Whole Fruit
3 Total Vegetables	5	≥1.1 cup equiv. per 1,000 kcal	No Vegetables
4 Dark Green and Orange Vegetables and Legumes ²	5	≥0.4 cup equiv. per 1,000 kcal	No Dark Green or Orange Vegetables or Legumes
5 Total Grains	5	≥3.0 oz equiv. per 1,000 kcal	No Grains
6 Whole Grains	5	≥1.5 oz. equiv. per 1,000 kcal	No Whole Grains
7 Milk ³	10	≥1.3 cup equiv. per 1,000 kcal	No Milk
8 Meat and Beans	10	≥2.5 oz equiv. per 1,000 kcal	No Meat or Beans
9 Oils ⁴	10	≥12 grams per 1,000 kcal	No Oil
10 Saturated Fat	10	≤7% of energy ⁵	≥15% energy
11 Sodium	10	≤0.7 grams per 1,000 kcal ⁵	≥2.0 grams per 1,000 kcal
12 Energy from Solid Fat, Alcohol, and Added Sugar (SoFAAS)	20	≤20% of energy	≥50% energy

¹Intakes between the minimum and maximum levels are scored proportionately, except for Saturated Fat and sodium (see note 5).

²Legumes counted as vegetables only after Meat and Beans standard is met.

³Includes all milk products, such as fluid milk, yogurt, and cheese.

⁴Includes nonhydrogenated vegetable oils and oils in fish, nuts, and seeds.

⁵Saturated Fat and Sodium get a score of 8 for the intake levels that reflect the 2005 Dietary Guidelines, <10% of energy from saturated fat and 1.1 grams of sodium/1,000 kcal, respectively.

⁶There are 4.184 kilojoules in 1 kilocalorie and each cup is around 0.000237 cubic meters.

Source: (1)

Supplemental Literature Cited

1. U.S. Department of Agriculture (USDA). Healthy Eating Index 2005
<http://www.cnpp.usda.gov/Publications/HEI/healthyeatingindex2005factsheet.pdf>. 2005
[cited 2007 March 20th]; Available from: